

# Putting Prevention to Work in a Pierce County Treatment Center

Chronic diseases such as heart disease, stroke, diabetes, and lung disease are the leading causes of death in Washington State. These diseases are often preventable. Being physically active, eating healthy foods, and not using tobacco reduces the likelihood of getting one of these diseases. Healthy environments give Washington residents the opportunity to make healthy choices.

**In March 2010, Communities Putting Prevention to Work provided federal stimulus dollars to make changes that would encourage people to eat healthier, get more physical activity, and stop using tobacco. This is an example of how stimulus funds changed a community in Pierce County.**

## PIERCE

**69 percent of adults in chemical dependency treatment centers smoke, compared with 15 percent of adults statewide.<sup>1,2</sup>**

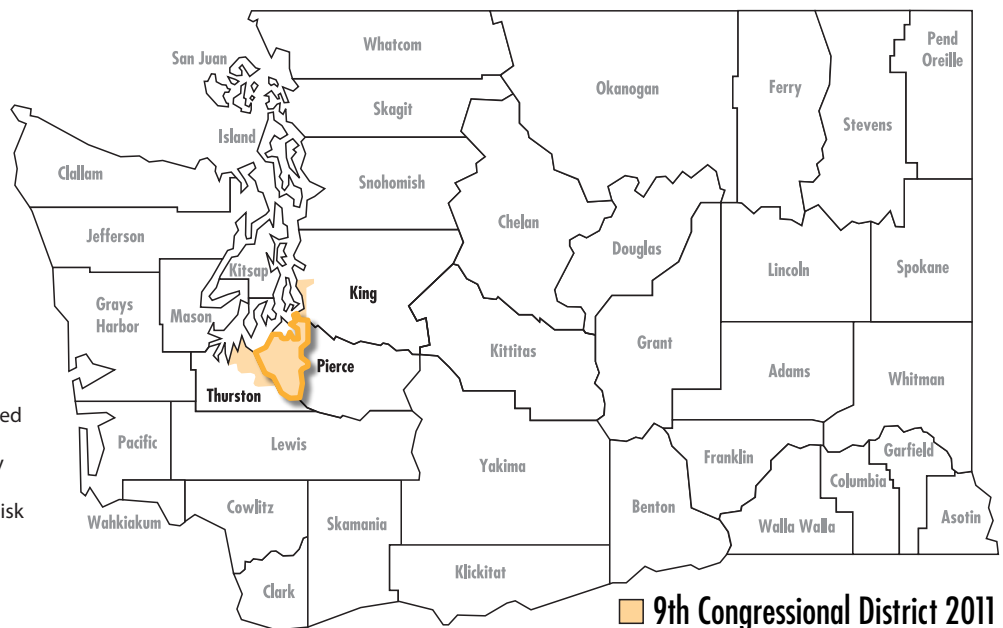
Quitting smoking is hard enough. It is often more difficult for people struggling with an additional drug or alcohol problem. The clients at Prosperity Counseling and Treatment Services deal with such issues. Prosperity Counseling and Treatment Services has locations in Tacoma and Sumner. They offer 30-day inpatient substance abuse treatment programs and serve over 700 patients per year between the two locations.

### Creating an environment where it is easier to quit

Staff from Prosperity Counseling and Treatment Services participated in a statewide workshop about implementing tobacco cessation strategies at chemical dependency treatment centers. As a result, they began making lasting changes. They started by asking staff to set a good example for clients and stop using tobacco. Nearly all quit, and the few who continued made a commitment not to smoke at work. Clients who wanted to quit received support through individual and group sessions.

### Impact

The Tacoma campus of Prosperity Counseling and Treatment Services is now tobacco-free. Since going tobacco-free in this location, Prosperity has noted fewer medical trips for bronchitis, pneumonia, asthma, and sinus problems. They also found that clients who stopped using tobacco had a higher rate of successfully quitting other chemicals.



#### Data sources:

<sup>1</sup> Data for adult patients admitted to publicly funded chemical dependency treatment in Washington State, Division of Behavioral Health and Recovery Treatment Analyzer (DBHR-TA), 2011

<sup>2</sup> Data for adults in Washington State, Behavioral Risk Factor Surveillance System, 2010